

# Self Healing Invitation: Connection

The following exercise can help you understand the vital role that connection can or has played in your personal healing and growth.



**Instructions:** Find a quiet, comfortable space where you can focus without interruptions. Take a few deep breaths to center yourself before you begin. Use the reflection sheet at the end for your thoughts.

## Step 1: Reflect on Your Relationships

- Think about the people in your life who have supported you through a healing journey. This could include family, friends, mentors, or support groups.
- Write down the names of these individuals and the specific ways they have contributed to your growth and healing.

## Step 2: Assess the Impact of Connection

- Reflect on how these connections have influenced your journey. Consider both the emotional and practical support you have received.
- Ask yourself the following questions and jot down your thoughts:
  - a. How have these relationships helped you overcome challenges?
  - b. What lessons have you learned from these connections?
  - c. How has the power of connection contributed to your sense of self-worth and empowerment?





### Step 3: Express Gratitude

- Take a moment to express gratitude for the connections you have. Write a short note or letter to one or more of the individuals who have made a significant impact on your life. This can be a private reflection or something you choose to share with them.

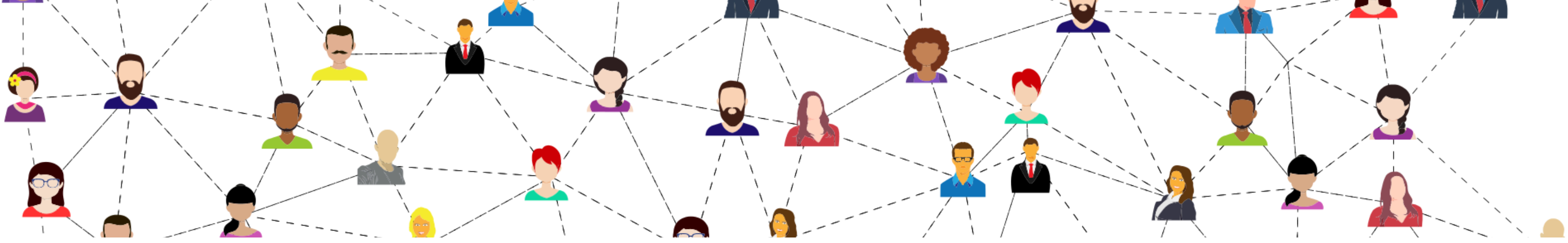
### Step 4: Identify Future Opportunities for Connection

- Think about ways you can continue to foster meaningful connections in your life. Identify at least two actions you can take to strengthen your existing relationships or build new ones.
- Write down these actions and make a commitment to follow through with them.

### Step 5: Reflect on Your Own Role

- Consider how you can be a source of connection and support for others. Reflect on the ways you can give back and help others in their journeys.
- Write down a few ideas on how you can offer support, encouragement, or mentorship to those who may need it. Take a few moments to sit with your reflections. Acknowledge the power of connection in your life and the reciprocal nature of giving and receiving support. Remember that fostering meaningful connections is a continuous process that enriches both your life and the lives of others.





# Reflection Sheet